



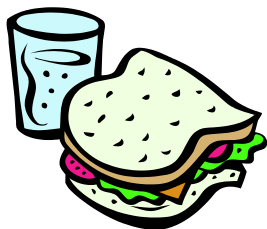
# NIH Environmental Management System

Take Action to Protect the Future



## NEMS NEWS

March 2011



For more information:

[www.nems.nih.gov](http://www.nems.nih.gov)

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### “THE GREEN SPOTLIGHT”

*Each month we will spotlight an employee or  
topic of interest at the NIH.*

**Our spotlight is shining this month on the HHS March sustainability theme: Food and Water.**

As we briefly touched on in last month's NEMS News, the Department of Health and Human Services (HHS) is expecting all of us to work together to achieve the mandated sustainability goals. This month the focus is on Food and Water.

HHS would like for us to pledge and commit to Go-Green in 2011. Some of the suggestions made by HHS are:

**Eat healthy** - Serve Green and Healthy by making healthy food choices, and choosing foods that have minimal environmental impact like organic foods. Try whole or unprocessed foods like an apple instead of sweetened applesauce. Shop at local Farmers' Markets and don't forget your reusable bag. Do as much home cooking and baking as you can. Use a microwave oven for speedy cooking that uses less energy. Reduce waste by packing snacks in reusable bags or containers.

World Water Day is on March 22. USDA and HHS announced new dietary guidelines to help Americans make healthier food choices and confront the obesity epidemic.

**Green Your Kitchen** - We spend much of our lives at home in the kitchen, the major hub of activity in many American homes. Luckily, the kitchen represents many opportunities for greening your home, whether you are undertaking a renovation or buying new appliances. Choose durable products (e.g., housewares, appliances, and electronics) that will stand the test of time. Although durable products sometimes cost more initially, their extended life span often offsets the higher cost and saves money over the product's life.

If all U.S. households installed water-efficient appliances, the country would save more than 3 trillion gallons of water and more than \$18 billion dollars per year. If you are in the market for a new dishwasher, consider buying an efficient, water saving **ENERGY STAR**® model. For more information on ENERGY STAR dishwashers, go to  
[http://www.energystar.gov/index.cfm?c=dishwash.pr\\_dishwashers](http://www.energystar.gov/index.cfm?c=dishwash.pr_dishwashers)



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## **“THE GREEN SPOTLIGHT” *CONTINUED***

Cleaning products are necessary for maintaining healthful conditions in the home but they can also present health and environmental concerns. These concerns include eye, skin, respiratory irritation, and others. Whenever possible, try to select cleaning products that are labeled as low VOC, readily biodegradable, bio-based (such as citrus or pine based products), and solvent-free. Some products' environmental claims have been verified and certified by a third-party group (such as Green Seal or Scientific Certification Systems).

For more information on Environmentally Preferable Products and Cleaners, check out the EPA's environmentally preferable cleaners at <http://www.epa.gov/epp/pubs/cleaning.htm>

Safely dispose of partially full containers of old or unneeded chemicals. Because gases can leak even from closed containers, this single step could help lower concentrations of organic chemicals in your home. Do not toss unwanted products in the garbage can; instead follow your local government's instructions for disposing of hazardous waste.

### **NEMS NEWS**

It's that time of year already. We are celebrating Earth Day this year on Thursday April 28 from 10:00am – 2:00 pm on the same day as Take Your Child to Work Day on the front lawn of Building 1. There will be many activities for the children to participate in as well as the adults. There will be animals, bugs, hands-on-displays (like composting), and activities. Join us and talk to Ben Franklin and the Mad Hatter. There will be a Frisbee toss (for the children). Fleet Management will display their alternative fuel vehicles. Donate glasses, cell phones, or a bike to Bikes of the World. Learn how to become more sustainable at work and at home. With gas prices at a high level, you may be convinced to use public transportation, join transhare, or even decide to bike on occasion in the nicer weather. Join us to celebrate Earth Day, you should be interested in our earth and environment, it's the only one we have!

### **Upcoming Events and Meetings**

#### **Green Team Leads Council Meeting**

Wednesday March 16th 1:00-3:00  
Bldg 31/6C Room 7

#### **Earth Day**

Thursday, April 28<sup>th</sup> 10:00-2:00  
Building 1 front lawn

#### **Sustainable Labs Working Group**

Wednesday March 23<sup>rd</sup> 1:30-2:30  
Bldg 50/Room 1328/1334 Rear

